



Check Your Feet

Foot problems can upset your balance and change the way you walk. This can increase your risk of falling. Common foot problems such as corns, calluses, bunions and thick or ingrown toenails can be treated by a foot doctor.

*Combine unsafe footwear with foot problems
and the risk of falling is even greater!*

Tips for Foot Care and Safe Footwear

- * Look after your feet.

If you have any foot pain or foot problems, see your doctor or a foot doctor.

- * Wear comfortable shoes.

Wear low heeled supportive shoes with non-skid soles indoors and outdoors. Remember wearing slippers at home is dangerous if they do not fit properly or do not have non-skid soles.

Unsafe footwear includes:

- v high or narrow heels
- v slippery or worn heels
- v loose slip on shoes
- v worn out or floppy shoes or slippers

Take action because falls are no accident!

Five Hills Health Region
Working together to prevent falls.

